



## Workshop Programm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00am	<b>Aquaforme</b>	<b>Aquaforme</b>	<b>Aquaforme</b>	<b>Aquaforme</b>	Private Lessons	Private Lessons	
10:00am	<b>Aquabuilding</b>	<b>Aqualigne</b>	<b>Aquabuilding</b>	<b>Aqualigne</b>			<b>Aquaforme</b>
11:00am	Stretching	At. Forme	Stretching	At. Forme			Stretching
11:30am							
12:00pm	T/A/ Fessiers	T/A/ Fessiers	T/A/ Fessiers	T/A/ Fessiers			<b>Aquakid</b>
12:30pm	Atelier Abdos	At. Postural	Atelier Abdos	At. Postural			
2:30pm	<b>Aquaforme</b>	<b>Aquaforme</b>	<b>Aquaforme</b>	<b>Aquaforme</b>	Private Lessons	Private Lessons	
3:30pm	<b>Aqualigne</b>	<b>Aquacardio</b>	<b>Aqualigne</b>	<b>Aquacardio</b>			<b>Aqualigne</b>
4:30pm	Stretching	Stretching	Stretching	Stretching			Stretching
5:00pm	Atelier buste	T/A Fessier	Atelier buste	T/A/ Fessier			Stretching

- Aquaforme** Soft muscular reinforcement on the whole body (40 mn)
- Aquabuilding** Intensive muscular reinforcement for all the body ( 40 mn)
- Aqualigne** Muscular reinforcement waist/ upper belly/ buttocks (40 mn)
- Aquacardio** Endurance improvement (40 mn)
- Aquakid** Child gymnastic from 4 to 12 years

- Stretching** Relieving, relaxation (25 mn)
- Atelier Forme** Muscular reinforcement (45 mn)
- T / A / Fessiers** Muscular reinforcement waist/ uper belly/ buttocks (25 mn)
- Atelier Abdos** Specific reinforcement of the abdominal ones (15 mn)
- Atelier Postural** Specific muscular reinforcement for the back (15 mn)
- Atelier Buste** Specific muscular reinforcement from the top of the body (25 mn)